

White House Conference on Aging Policy Survey

We'd like to share your thoughts with the White House Conference on Aging about how to address seniors' concerns about mind, body and spirit.

Place a check mark in front of all answers that apply to you.

	MIND	BODY	SPIRIT
What are you doing now?	<input type="checkbox"/> Classes <input type="checkbox"/> Reading <input type="checkbox"/> Crossword puzzles <input type="checkbox"/> Internet <input type="checkbox"/> Travel <input type="checkbox"/> Book club <input type="checkbox"/> ElderHostel <input type="checkbox"/> Volunteering Other things you are doing to keep your mind healthy? <hr/> <hr/> <hr/>	<input type="checkbox"/> Yoga <input type="checkbox"/> Tai chi <input type="checkbox"/> Walking <input type="checkbox"/> Swimming <input type="checkbox"/> Exercise occasionally <input type="checkbox"/> Exercise 30 min/5 days <input type="checkbox"/> Exercise more than 30 min/5 days/week <input type="checkbox"/> Eat 3 serving veggy/fruit/day <input type="checkbox"/> Eat 4+ serving veggy/fruit <input type="checkbox"/> Have 3 servings of dairy/day <input type="checkbox"/> Eat 5 or less ounces meat/day <input type="checkbox"/> Eat 6+ ounces of meat/day Other things you're doing? <hr/> <hr/> <hr/>	This includes things you do that help you feel you have a purpose in life. <input type="checkbox"/> Praying <input type="checkbox"/> Attending (church) services <input type="checkbox"/> Volunteering <input type="checkbox"/> Having a cause <input type="checkbox"/> Meditating <input type="checkbox"/> Getting involved in your community <input type="checkbox"/> Political action Other things you're doing? <hr/> <hr/> <hr/>
What are the barriers to achieving this?	<input type="checkbox"/> Forgetfulness <input type="checkbox"/> Lack transportation <input type="checkbox"/> Cost <input type="checkbox"/> Confusion <input type="checkbox"/> Distraction <input type="checkbox"/> Don't want to go alone <input type="checkbox"/> Unfamiliar <input type="checkbox"/> Not interested Other: <hr/> <hr/> <hr/>	<input type="checkbox"/> Lack of motivation <input type="checkbox"/> Lack of time <input type="checkbox"/> Lack transportation <input type="checkbox"/> Cost <input type="checkbox"/> Hard to change habits <input type="checkbox"/> Too many health problems <input type="checkbox"/> Have arthritis <input type="checkbox"/> Don't want to go alone <input type="checkbox"/> Unfamiliar with what to do <input type="checkbox"/> Not interested Other: <hr/> <hr/> <hr/>	<input type="checkbox"/> Lack faith <input type="checkbox"/> Lack transportation <input type="checkbox"/> Don't feel connected <input type="checkbox"/> Hard to change <input type="checkbox"/> Others don't support my beliefs <input type="checkbox"/> Lost hope Other: <hr/> <hr/> <hr/>
What are your recommendations?	<input type="checkbox"/> Lower cost options <input type="checkbox"/> Service credits (volunteering) <input type="checkbox"/> Improved transportation <input type="checkbox"/> Matching service to not go alone Other: <hr/> <hr/> <hr/>	<input type="checkbox"/> Lower cost options <input type="checkbox"/> Cooking Classes <input type="checkbox"/> Nutrition Classes <input type="checkbox"/> Improved transportation <input type="checkbox"/> Matching service to not go alone <input type="checkbox"/> Have scholarships Other: <hr/> <hr/> <hr/>	<input type="checkbox"/> Expand choices <input type="checkbox"/> Community Bulletin board for involvement <input type="checkbox"/> Community board for volunteering <input type="checkbox"/> More support & involvement of professionals including doctors Other: <hr/> <hr/> <hr/>

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